

**CITY OF LONG BEACH PARKS, RECREATION & MARINE
COMMUNITY RECREATION SERVICES**

CALIFORNIA RECREATION CENTER
ERNEST SAMUEL MCBRIDE, SR. PARK
 1550 MARTIN LUTHER KING, JR. AVENUE
 LONG BEACH, CA 90813
 (562) 570 - 1605

Senior Center Hours
Monday through Fridays
9:00 a.m. to 2:00 p.m.

SEPTEMBER 2017

Staff at California Recreation Center's Senior Center is Committed to maintaining a safe and productive environment for people 50 years of age and over participating in Senior Programming.

SPECIAL EVENTS PLANNED

PROGRAMS/ACTIVITIES

Blood Pressure & Diabetes Screening:
 Third Wednesdays, 9:30—11:30 am.

Brown Bag Program:
 First & Third Wednesday 8:30—9:30 am
 Food distributed through Long Beach Food Bank

City Council Food Distribute 3rd Friday of the month 9 am

F.A.M.E. Taxi Vouchers & Bus Token Assistance:
 For qualified Seniors 55 & Adults
 Monthly when available

H.S.A Lunch Program. Mon-Fri. 12 pm
 Human Services Association (H.S.A) provides a nutritional lunch for ages 62+, for menus call (562) 806-5400
Quilting Class, Fridays 9—11 am
Tec. Class 11 am—12 noon
Exercise M-W-Th-Fri 10 am—11am

Dance/Exercise with David Ong Mondays & Fridays
 Time: 10—12
Tai Chi with Peter Tuesdays & Wednesday 10 am—12 noon
ESL Class For Khmer Tuesdays 11 am—12 noon
Support Group by LACDMH Wednesdays 10 am—11 am

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				1 <i>Sr. Exercise</i> <i>10 am—11 am</i>
4 <i>Sr. Exercise</i> <i>10 am—11 am</i>	5 <i>Bingo</i> <i>10 am</i> <i>Arts n Crafts</i> <i>1030—1130</i>	6 <i>Sr. Exercise</i> <i>10 am—11 am</i>	7 <i>Jewelry</i> <i>With</i> <i>Pat</i> <i>10 am—12 noon</i>	8 <i>Sr. Exercise</i> <i>10 am—11 am</i>
11 <i>Sr. Exercise</i> <i>10 am—11 am</i>	12 <i>Bingo</i> <i>10 am</i> <i>"Name your</i> <i>Game"</i> <i>11 am</i>	13 <i>Sr. Exercise</i> <i>10 am—11 am</i>	14 <i>Knowing your</i> <i>Electronics</i> <i>10 am—11 am</i>	15 <i>Sr. Exercise</i> <i>10 am—11 am</i>
18 <i>Sr. Exercise</i> <i>10 am—11 am</i>	19 <i>Bingo</i> <i>10 am</i> <i>"Name your</i> <i>Game"</i> <i>11 am</i>	20 <i>Red Cross</i> <i>Blood Pressure</i> <i>Check 10 am</i> <i>Sr. Exercise</i> <i>10 am—11 am</i>	21 <i>Arts</i> <i>N</i> <i>Crafts</i> <i>10:30 am</i>	22 <i>Sr. Exercise</i> <i>10 am—11 am</i>
25 <i>Sr. Exercise</i> <i>10 am—11 am</i>	26 <i>Bingo</i> <i>10 am</i> <i>"Name your</i> <i>Game"</i> <i>11 am</i>	27 <i>Sr. Exercise</i> <i>10 am—11 am</i>	28 <i>Arts</i> <i>N</i> <i>Crafts</i> <i>10:30 am</i>	29 <i>Sr. Exercise</i> <i>10 am—11 am</i>